

## Pride

CHANGES EVERYTHING!

### Whistle Stop

#### C League Softball Schedule

June 5.....vs. Charles Kemp

June 12.....vs. Tech Data

June 19.....vs. Health Resources

June 26.....vs. Batteast Real Estate

July 3.....vs. Frank's Red Hots

July 10.....vs. Courtesy Delivery

July 17.....vs. Dee Ken's

July 24.....vs. Charles Kemp

July 31.....vs. Tech Data

Aug. 7.....vs. Health Resources

note: Official schedule and Ballpark listings on

CITYLINE, 674-0900 x-2233 or 235-6178 x-2233



### "A Women's Circle"

is broadcast from 6:00 to 7:00 P.M. every  
Sunday on WGCS, 91.1 FM

### 5th Annual Canoe Trip

is scheduled for July 18. The 3 hour trip (approx.) will leave at 9:30 a.m. South Bend time from St. Patrick's Park. Rental is \$15.00/per canoe. Grills and picnic areas available following trip. Make your reservations early. Call Lori and/or Sherrill 616-684-6913



### Evansville Schedules Gay Pride Events

**Sunday, June 7, ...**Annual gay pride picnic at the Lakeview Shelter, Audubon Park in Henderson, Kentucky (15 miles south of Evansville) from 2-7pm. TSA provides the meat, buns, lemonade and utensils. TSA asks everyone to bring a dish. **Saturday, June 13,** TSA will attend the statewide Pridefest in Indy. **Sunday, June 14,** 6pm at the TSA offices, 801 E. Michigan, Evansville, a potluck meal with a film afterwards. For more info: call TSA 812-422-5951, e-mail the group at [paynter@midwest.net](mailto:paynter@midwest.net) or check out the web site at <http://www.tsagl.com>

### PRIDEFEST 98 IS SET!

The date for Indiana's largest g/l/bi/transgender festival is **Saturday, June 13,** from 10:30 am til 7 pm at the Veterans Memorial Plaza in Indy. Last year over 73 booths and vendors were at this day long party and over 10,000 people attended. The pride events will begin with a gay/lesbian town meeting on **Thursday, June 11,** 7pm at the North United Methodist Church, 3801 N. Meridian, corner of 38th and Meridian in Indy. **Friday, June 12,** at 7pm the Gay Pride Church service will be held at the Holy Eucharist Orthodox Catholic Church, 2070 E. 54th Street, Suite 7, in Indy. On **Saturday, June 13th,** Justice will have the official Pride fundraiser/party at the 501 Tavern. **Sunday, June 14,** Justice will show the film "Love, Valour, Compassion" at the Hollywood Bar & Filmworks, 247 S. Meridian St. at 4 pm, and to conclude the weekend's events, Jesus Metropolitan Community Church will have a 6 pm **Sunday** service at All Souls Unitarian Church, 5805 E. 56th Street. For more info, 317-725-8840.....e-mail: [indword@iquest.net](mailto:indword@iquest.net)....or write PrideFest, 501 Madison Avenue, Suite 307, Indianapolis, IN. 46625.... PrideFest web site....<http://www.indword.com/pride>

**IN INDY,** the bars for girls who just want to have fun,  
**The Ten,** 1218 N. Pennsylvania St.  
**or the Utopia,** 924 N. Pennsylvania St.

### MORE DATES IN JUNE

**June 5..... 9th Annual Aids Benefit,** at AFTER DARK, 231 Pearl Street, Fort Wayne, IN. As always there will be a wonderful buffet, a silent auction and a show. Doors open up at 6 pm. Tickets \$8 in advance., \$12 at the door, 219-424-6130 for more info

**June 6 .....Gay Day at Disneyland,** Anaheim, Calif. Ever since 1991, a growing number of gay men and lesbians (it really is about a 50-50 split) have gathered at Disneyland the first Saturday in June (always the first Sat. in June for those that can't make it this year and want to plan for another year). Attendance is expected to exceed 35,000 this year.

**June 6.... Gay Night at Walt Disney World,** Orlando, Fla

**June 20.....10th Annual Michigan Pride March** on the State Capitol in Lansing. The fun continues with a Festival in downtown Lansing featuring food, beer, arts & crafts and business services, as well as dancing and fun for all.

**June 26..... 26th Annual G/L Pride Parade,** Chicago. The parade steps off at Belmont & Halsted. Sunday afternoon post-parade festivities will be in Lincoln Park.

**June 27.....Youthpride '98,** In Indianapolis, young people from Ind., Ill., Kentucky, Mich., Missouri, and Ohio will be participating in IYC's first-ever event from 10 am to 5 pm at Military Park. More info 317-541-8726



# COMMUNITY EVENTS

## "SINGLED OUT" singles group

**Sunday, June 21, 4:00 p.m.**

A picnic at Weko Beach in Bridgeman, Mich. We did this last August and had a great time walking the beach, sitting on the sand and laughing a lot! You can bring your own food or eat from the concession stand (sometimes it's closed). We'll meet at Southside Church by 2:45 to leave at 3:00 or you can meet us up there - look for the rainbow windsock on the right side of the concession building.

If you need directions or more info please call

Linda 219-257-9082 or Lynn 219-259-6801

**COME ONE.....COME ALL!!**

\*\*\*\*\*

**June 11- 14th....WOMONGATHERING** ....a festival of womyn's spirituality, held at a private camp in Poyntelle, PA. Drumming, rituals, spiral dance and workshops.

PO Box 559, Franklinville, NJ 08322 for more info, call: 609-694-2037 on the web: womongathr@aol.com (from LC)

\*\*\*\*\*

**June 25 - 28th.....National Women's Music Festival**

Ball State University, Muncie, In. ALL INDOORS.....

Workshops, films, and videos, artists and craftswomen, guest speakers (Holly Near, Dorothy Allison, and Anita Hill), DJ dances and Mainstage concerts (Thursday) Kate Clinton, Faith Nolan & Zrazy. (Friday) Holly Near, June and Jean Millington & band & Nedra Johnson. (Saturday) Heather Bishop, Alive! & Catie Curtis. Day stage (Fri.) Voices of Africa, Lucie Blue Tremblay, & Diana Jones. (Sat.) Suede, Diane Patterson & Karen Almquist...for more info.....<http://www.a1.com/wia> (that's the number 1, not the letter L) e-mail at [wia@indy.net](mailto:wia@indy.net) or call 317-927-9355 NWMF, P.O. Box 1427, Indianapolis, IN. 46206-1427

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**Mountain Moving Coffeehouse...**1650 West Foster, Ebenezer Lutheran Church, Andersonville, Illinois (773)-973-9934

**Saturday, July 11,...Alix Dobkin**, the irrepressible singer/songwriter/storyteller will close out MMCH's 23rd season

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**August 11- 16th.....Michigan Womyn's Music Festival**

Continuing strong after 23 years, the week-long event attracts 5-8000 women. Musical performances, workshops, crafts-wimmin, and a film festival highlight the event. Artists scheduled to appear this year include Sweet Honey in the Rock, Indigo Girls, Alice Walker, Ferron, Toshi Reagon & Big Lovely, Karen Finley, Marga Gomez, The Topp Twins, Ubaka Hill, Kinnie Starr, Carole Pope, Teresa Trull & Barbara Higbie, and others.. For more info....WWTMC, P.O.Box 22, Walhalla, MI 49458 or call 616-757-4766; on the web...[www.michfest.com](http://www.michfest.com)

\*\*\*\*\*

**August 21-23 ..... Sisters in a Strange Land: A retreat for Christian Lesbians** at a retreat center near Lake Michigan in southwest Michigan. We will explore how lesbians are challenging and reshaping Christian spirituality from a feminist perspective. Call for info: 517-855-2277 or write: Leaven, PO Box 23233, Lansing, MI 48909.....from the Lesbian Connection



**September 7 - 13th.....Womenfest** in Key West, Florida Boat trips, Dive trips, Dinners, Dancing, Film festival, Sunset sails and more.....SASE: Womenfest, 201 Copitt Road, #106A, Key West, FL 33040 or call Jacqueline Harrington 305-296-4238

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Did you know there is a support group for Gay, Lesbian and Bi-sexual Veterans of America (GLBVA)? They meet monthly in Chicago on the 1st Thursday, 7 P.M. at Ann Sather's..... for more information 773-752-0058

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## LESBIAN SUPPORT GROUP

EVERY TUESDAY. 7-9 P.M. FOR INFO: WRITE TO LSG, P.O. BOX 1612, MISHAWAKA, IND. 46544

\*\*\*\*\*

**Every Sunday Morning 9:30 A.M** .....A Wimmings' Group meets for breakfast at Theo & Stacy's 4311 S. Westnedge, Kalamazoo, MI.....open to all wimmin

\*\*\*\*\*

**Kalamazoo Gay/Lesbian Resource Center**

C.A.R.E.S Building, Lower Level

629 Pioneer Street, Kalamazoo, Mich. 49001

voice mail: (616) 349-4234

\*\*\*\*\*

**Lesbian Growth & Support Group** meets Monday nights 7-8:30 p.m., Fort Wayne Woman's Bureau at 303 E. Washington, Fort Wayne. For More Information....219-424-7977 Also in Fort Wayne...Gay/Lesbian Helpline 219-744-1199 Mon.-Thurs., 7-10 p.m., Fri.-Sat, 7-Midnight, Sun, 8-9 p.m.

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**PFLAG** (Parents & Friends of Lesbians and Gays)

Meetings are from 2 to 4 p.m. the fourth Sunday of the month at Christ the King Lutheran Church, Cleveland Road, South Bend. For More Information...Nancy Mascotte 219-277-2684 or write P.O. Box 4195, South Bend, 46634-4195

\*\*\*\*\*

## SAPPHOS NETWORK

A support/study/social group for North Central Indiana, P.O. Box 118, Kewanna, IN 46939-0118 (219) 595-7542

\*\*\*\*\*

## NORTH/CENTRAL ALLIANCE

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\*\*\*\*\*

**National Organization for Women (NOW)**

The Chapter meets the first Wednesday of each month from 7 - 9 P.M., St. Joseph County Public Library, Main Branch, S.Bend

\*\*\*\*\*

Battle Creek Concord Group meets the 1st & 3rd Thursday from 7 to 9 P.M. We are a group of gay & lesbians who enjoy laughing with old friends and meeting new friends.

For more information,

please call JR (616-962-6672) or Lynn (616-963-5873)



## Vacation?

By Lee Lynch

It's that time again. Teachers are perusing travel brochures, office workers are jockeying for the best weeks of summer, lesbian moms and gay dads are trying to finagle some private time into their two weeks with three kids in a pop-up tent trailer.

Definition of a vacation, grinch-style: a) a period of time spent away from the conveniences of home in a strange place usually crowded with people who also want to get away from it all; b) participating in as many exhausting sports, sightseeing and shopping adventures as possible while still tending to the necessities of life such as standing in lines of cranky people waiting for restaurants, toilets and roller coasters.

All this, while the pets back home are acting fully making off with the heirloom silverware. And we

My dream for many years has been to spend a beside me and decadent food within easy reach. This foray outside to finally identify the trees, wild flowers,

It's not that I don't like seeing new places and

Checklist. Find and train friend to house sit. transportation and accommodations by calling several time, comparing rates, routes. Buy cheapest tickets.

Check list continued. Pack emergency rations for survival beyond the range of organic fodder. Complete all work that's been pending for months. Train replacement at job. Train house sitter. Clean house for house sitter. Tune up car. Re-pack. Type itinerary for friends and family. Buy bathing suit (exchange post diet). Buy batteries, film miniature shampoo and toothpaste, tickets, sunscreen, hat — is there money left for the vacation?

Not everyone is obsessive-compulsive about leaving home. I have a partner who loves to travel. She's scaled mountains, explored exotic underwater seas and thinks white water rafting in a tiny rubber dinghy is fun. She cancels out my natural affinity to staying by going. With or without me. Why she wants this balking, worrying damper on her adventures I have no idea. And I love it.

Away from home, I'm transformed. Well, not completely. Searching for a natural food store in Corpus Christi for hours was not exactly planned. But discovering a show of 1930's etchings at the Corpus Christi art museum was a dream come true!

Once when Lover pried me and my stack of vacation reading from our ancient camper to the great outdoors, we found an enchanted wood. There were trees as old as the Bilbo's Ents and vegetation as exotic as Dr. Doolittle's moon flowers. We fantasized having a great gathering of women there for a moonlight celebration.

Our overnight trips we've found wetland trails behind Safeway, mill ponds filled with waterfowl and coyote in the wild grasses of nowhere.

When I recall our trip to the Canyons of Utah and Arizona, I decide being squashed into places, losing luggage and finding strange motel rooms is worth it. All those little western towns complete with Gunsmoke architecture, those prairie dogs and mule deer and gorgeous magpies oh, and the canyons too.

Lover got me to the Pike Street Market in Seattle and to the Chicago Art Institute. She led me out on a boat to see a Whooping Crane colony. She hauled me through the rooftop gardens of Los Angeles, so I kind of believe that L.A. really is the city of angles.

Why do I resist?? My memories of javelinas in the wild and a space stations-sized craft fair in Anaheim are unexpectedly precious. As are the fettuccine dinner deep in a wildlife refuge and the miles of hills we hiked in flowered San Francisco.

This year, because we moved, I absolutely refused to travel. I was overwhelmed and felt impoverished. And guilty. Because I really do love seeing the sights with my sweetie once I can cut the tether to home.

So she went out and found us a discount on a semi-tropical vacation for our tenth anniversary next spring. And strangely enough, I can't wait! I spend hours on maps and day dreams.—and on the Web looking for cheap plane-fares.

Oh, we'll be exhausted. We'll be sore from hauling tons of natural foods and air filters. We'll return to a house not as perfect as we'd have kept it.

Yet lover will say as fervently as me, "It's so good to be home!"



out by peeing on bedspreads and burglars are glee-pay money for the privilege of a vacation. vacation on the couch with a stack of trashy novels punctuated by several naps a day and an occasional birds and chipmunks who share our land. doing new things. It's just such hard work. Pack. Cancel paper and mail. Re-pack. Plan vendors of each, waiting on hold for hours at a

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## Just for Laughs from the News

from the S.B. Tribune

David Silverman, former animator and director of "The Simpsons", says the secret of the show's success is not in the stars but in the moon. In a recent appearance at the University of Nebraska, he said, "Fox would prefer we have more naked butts," and that if the program was on any other network, 'The Simpsons', would not be what it is today." Silverman, who now works for DreamWorks SKG, also said that the character, Smithers is gay and that the show will possibly run another year or two.

\*\*\*\*\*

A candidate for South Carolina commissioner of agriculture says homosexuality is a threat to the family farm. Jim Gordon, a real estate developer who is seeking the Republican nomination says, "We can't have farming based on Bob and Bob being married and a new definition of marriage. I see the cultural upheaval we're in right now as an attack against farming. The homosexual movement, which has come to South Carolina, needs to be reversed." Gay rights advocates called it a desperate campaign tactic.



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e-mail any staff member.....

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column for free; just send the information to  
P.O. Box 845, Mishawaka, IN. 46546

Submitted by Sherrill Friedman.....

So I was leafing through some past articles in "Ms" and wanted to share it with all of you:  
Excerpted from "Revving Up for the Next 25 Years," by Gloria Steinem.....*How We Use Our Money*.....For the past 25 years, we've fought for equal pay, pensions and benefits - to equalize the amount of money we earn - all of which must continue. For the next 25 years, however, we need to add a focus on how we spend. In fact, the question should not only be "How much do we spend?" But "How do we spend it?" Are we spending more on our outsides (clothing & appearance) than our insides (health & learning)? More on Hollywood movies than feminist political candidates? More on instant satisfaction than long-term security? Are we tithing to patriarchal religions but not to feminist groups? Supporting women-owned businesses? Seeking companies with fair hiring and environmental policies? Saving for our own independence? In other words, are we using our dollars as consciously as we would our votes?

THINK ABOUT IT.....

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ego-states

1, 9, 27, 40  
am i?

ARE YOU!

multiple

in defense against life  
perhaps i'm shattered  
or quick mire reflecting  
life with the human race  
there's a crypt in my soul  
i lost your friendship

by lindalee m. t. blake(un)





by Susan Myers, R.N., LCSW, HTP, Holistic health counselor

Part of Traditional Chinese Medicine, acupuncture has been practiced in China for thousands of years, but became widely known in the West only in the 1970's, when its use as an anesthetic received sensational press coverage. Practitioners insert fine, sterile needles (quite painless) into specific points on the body as a treatment for disorders ranging from asthma to alcohol addiction, but most often in the West as a means of pain relief. Now one of the most well-known and most widely accepted Eastern therapies, acupuncture is increasingly practiced in a simplified form by medical doctors.

**Key Principles:** Acupuncture is an element within the Traditional Chinese Medicine (TCM) health system, which also includes herbs, acupressure, exercise and diet. Fundamental to TCM are the concepts of *yin* and *yang*, opposite but complementary forces whose perfect balance within the body is essential for well-being. *Yin* signifies cold, damp, darkness, stillness and contraction; *yang* signifies heat, dryness, light, action and expansion. Yin and yang are components of *qi* (pronounced "chee"), which is an invisible "life energy" that flows through meridians (channels or tracks) around and through the body. There are 12 regular meridians running up and down the body in pairs (six on the left and six on the right). They are mostly named after the main internal organs through which they pass. Six are primarily *yin*, associated with "solid" *yin* organs, such as the liver; six are *yang*, linked to "hollow" organs, such as the stomach. Two more meridians, the Conception and Governing vessels, provide control of the other 12 meridians.

The circulation of *qi* (the life force) around the body is essential for health. Disruption on a meridian can create illness at any point along it; for example, a disorder in the stomach meridian (passing through the upper gums) could cause a toothache. There are about 365 acupoints along the meridians at which *qi* is concentrated and can enter or leave the body. It is possible to affect the circulation of *qi* at these points, and acupuncturists insert fine needles (painless, really! I've done it) to stimulate or suppress (balance) the flow of *qi*.

**Main Uses of Acupuncture:** Pain relief; anesthesia (mostly done in China), Musculoskeletal problems, arthritis, low back problems, Addictions, such as smoking and alcohol treatment, Asthma, hay fever, sinus problems, Depression, anxiety, Migraine headaches, nausea, High blood pressure, Digestive disorders, Women's health (PMS, menopausal symptoms), Promoting health, Fatigue, and stress.

**Frequent Questions:** How long does a treatment session last? Treatment times vary greatly, from 30-90 minutes, depending on how long the needles are left in position. The initial consultation will probably last the longest. The initial consultation is quite different from any Western history and physical you've ever experienced. How many sessions will I need? You will usually require between 10-20 sessions, depending on your age and on how long you have suffered from the condition. You should expect some improvement after five sessions. Will it be uncomfortable? An ache or tingle, known as the "needle sensation", is often felt but generally, it is not uncomfortable. Will there be any after effects? Some people feel tired after treatment and need to rest, or find that their pain worsens for a few hours before getting better. Other symptoms may seem worse for a short time but then subside. Other people may feel rejuvenated.

**Precautions:** See a qualified practitioner (Licensed Acupuncturist); *acupuncture is an invasive therapy and therefore not without risk*. Ensure that your practitioner sterilizes needles in an autoclave or preferably, uses disposable needles. Tell your practitioner if you are pregnant. Certain acupoints should not be stimulated in pregnancy, except during labor. Avoid alcohol, large meals, hot baths or showers and strenuous exercise (including sex) immediately before or after treatment, since they may counteract the effects of the treatment. Seek out referrals from trusted, qualified health professionals, especially a holistic practitioner, and interview the acupuncturist prior to engaging in treatment with that individual. Ask about his/her qualifications, training, licensing, methods, ect. You have the right to know who is treating you.

There is much, much more about Traditional Chinese Medicine and acupuncture. If you are interested, check your local library or favorite bookstore for more information.

## COURT OF FRIENDS

Okay, all you singles! Looking for that special someone? Here is your opportunity to reach out to other singles. Write out what you want other singles to know about you and what you are seeking in another. Open Arms will run your ad for 2-3 months. You can resubmit/or cancel at any time. *Open Arms reserves the right to edit for length and/or content any letters submitted for publication.*

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#75.....My Friend, Are You Out there?

A 29 year old woman who treats life as not-so-serious but, smiles and has fun. I am a loyal, patient and stable woman. I'm a slight romantic who likes to give. I enjoy talking and being together. Are you ready for a relationship or do you just want a friend? Photo with every response.....





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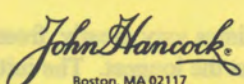
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# June 1998

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

Appearing This  
Month  
At The Electric  
Brew



June 12.....Wilma & Dawn  
June 14.....Jamie Anderson

Jamie will have a \$5.00  
suggested donation at the  
door, otherwise there is a  
\$2.00 cover to support  
musicians. All performances  
begin at 8:00 pm

## SATURDAY, JUNE 20

Lavender Rhythm is  
having a summer dance  
at the Pickwick Place,  
Niles, Mich. 9-1 MI.  
time, 8-12 IND. time,  
\$7.00 at the door



Lacy Moon is celebrating  
her first birthday on June 12



1

2

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Kaye K.



Tina M.

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Darlene D.



Patty W.



Colette G.

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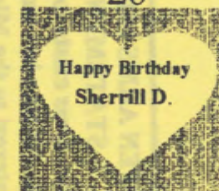
Connie M.



Marci L.



Vickie M.



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Ayn C.

Laurie S.



Debbie D.

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